



USATF Masters Events

*Adapted from USATF Competition Rules
(Rule 331.1)*

INDOOR EVENTS

USATF National Indoor Meet Events — Rule 331.1(a)

Track Events		Field Events
60 Meters	800 Meter Relay	High Jump
200 Meters	1600 Meter Relay	Pole Vault
400 Meters	3200 Meter Relay	Long Jump
800 Meters	1500 Meter Race Walk	Triple Jump
1500 Meters	3000 Meter Race Walk	Shot Put
3000 Meters		Weight Throw
60 Meter Hurdles		Superweight Throw
		Indoor Pentathlon

USATF South Carolina Association Masters Indoor Events — Rule 331.1(a,c)

If the USATF South Carolina Association conducts an Association Masters Indoor Meet Championships, the following events shall be contested

Track Events		Field Events
60 Meters	800 Meter Relay	High Jump
200 Meters	1600 Meter Relay	Pole Vault
400 Meters	3200 Meter Relay	Long Jump
800 Meters	1500 Meter Race Walk	Triple Jump
1500 Meters	3000 Meter Race Walk	Shot Put
3000 Meters		Weight Throw
60 Meter Hurdles		

Per Rule 331.1(c)

The same events conducted in the National Indoor Track and Field Championships are also conducted at Regional and Association events. Except, the Superweight Throw and Indoor Pentathlon are optional, and the 3000 Meter Race Walk is optional in Association Championships.



OUTDOOR EVENTS

USATF National Outdoor Meet Events — Rule 331.1(b)

Track Events		Field Events
100 Meters	5000 Meter Race Walk	High Jump
200 Meters	10,000 Meter Walk	Pole Vault
400 Meters	400 Meter Relay	Long Jump
800 Meters	1600 Meter Relay	Triple Jump
1500 Meters	3200 Meter Relay	Shot Put
5000 Meters	Shuttle Hurdle Relay	Discus Throw
10,000 Meters		Javelin Throw
80/100/110 Meter Hurdles		Hammer Throw
200/300/400 Meter Hurdles		Weight Throw
2000/3000 Meter Steeplechase		Outdoor Pentathlon

USATF South Carolina Association Masters Outdoor Events — Rule 331.1(d) :

Track Events	Field Events
100 Meters	High Jump
200 Meters	Pole Vault
400 Meters	Long Jump
800 Meters	Triple Jump
1500 Meters (or 1 mile)	Shot Put
5000 Meters	Discus Throw
80/100/110 Meter Hurdles	Javelin Throw
200/300/400 Meter Hurdles	Hammer Throw
3000 Meter Race Walk	Weight Throw
400 Meter Relay	Superweight Throw
	Throws Pentathlon